



Serves: 4

# Fried Kway-Teow in Creamy Foo Yong Sauce

## Ingredients

- Medium prawns, shelled 12
- Squid, cleaned and sliced 150g
- Toman fillet, sliced 100g
- Chye sim, cut into 4-inch pcs 12
- Kway teow 300g\*
- Canola oil 1½ tbsp\*
- Light soya sauce 2 tbsp\*
- Hot water 2 cups
- Concentrated Chicken Stock 2 tbsp\*
- White sesame oil 1 tsp\*
- Eggs, lightly beaten 2
- Cornflour 4 tbsp
- Salt & pepper, to taste

\*Choose products with the Healthier Choice Symbol.

## Tips:

- Heat oil till hot before stir-frying, as this will shorten cooking time and reduce the amount of oil absorbed by the ingredients.
- Substitute whole egg with egg white to reduce the amount of cholesterol intake.
- Use stock instead of salt to add interesting and varied flavours to dishes.

## Method

- Heat wok until hot and then add canola oil.
- Add kway teow and light soya sauce. Stir-fry until very hot and well-mixed.
- Dish onto a serving plate and set aside.
- Blanch seafood and chye sim in boiling water for 2 minutes until cooked. Drain and set aside.
- Add concentrated chicken stock to water and heat till boiling. Add sesame oil, salt and pepper seasoning to taste.
- Mix corn flour with 8 tbsp water. Add to stock and stir till stock has thickened.
- Add beaten eggs to stock.
- Pour sauce over fried kueh teow. Serve hot.

## Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 302kcal  
Protein 21.5g  
Total fat (g and % of total calories)  
8.3g (25.0%)  
Saturated fat 1.0g  
Cholesterol 190mg  
Carbohydrate 34.5g  
Dietary fibre 0.4g  
Sodium 643mg